

### Amendments to the Claims

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Currently Amended) An orally administered composition in the form of a soft gelatin capsule for ~~use in improving human skin health~~ skin softening, comprising hyaluronic acid having a dosage of between 35 to 45 mg and a molecular weight between 50,000 and 200,000 daltons.
2. (Canceled)
3. (Canceled)
4. (Original) The composition according to claim 1, and further including beeswax.
5. (Original) The composition according to claim 1, and further including rice bran oil.
- 6-10. (Canceled)
11. (Currently Amended) A method for ~~improving human skin health~~ skin softening, comprising oral administration of hyaluronic acid in the form of a soft gelatin capsule having a dosage of between 35 to 45 mg and a molecular weight between 50,000 and 200,000 daltons.
- 12-15. (Canceled)
16. (Previously presented) The method of claim 11, wherein the soft gelatin capsule further includes beeswax.
17. (Previously presented) The method of claim 11, wherein the soft gelatin capsule further includes rice bran oil.